

**Here are four definitions that help you gain insight and understanding about  
YOURSELF and YOUR BEING**

**THE SPIRIT**

Mental Conditions and Cerebral Situations, individual characteristics and inner or internal dimensions...also clearly defined traits of Your Inner **BEING** and **SPIRIT** are generated, regulated and modified by:

- ✚ The ongoing flexibility and repeated adjustment of sensible, practical and useful thoughts, ideas, notions and selective information.
- ✚ The development of basic moral values and ethical behavior...also the capacity to think correctly and the ability to *do* **FOR YOURSELF**.
- ✚ The unfolding use of individual intellectual principles; also the progression and application of “funda-mental” human integrity and self-honesty. “To Thine Own Self Be True.”
- ✚ The direction and development of Your Inner **BEING** and the extension of Your Immortal, Everlasting **SPIRIT**.
- ✚ The capacity and ability to improve, uplift and empower The States Of Your Mind.
- ✚ The enlightening and illuminating qualities of Your Nature and Your Complete **BEING**.

The **SPIRIT** and Your Psyche influence and control individual decisions, cerebral activity and action, individual motivation and performance—also Inner State recognition and Inter States cooperation. The **SPIRIT** creates a clear-cut understanding and encourages a total acceptance of yourself. It also provides a firm, secure connection within and between Mental States. It increases and advances mental/cerebral activity, action and individual awareness. It energizes and upgrades The States Of Your Mind. Divided States Fail. United States Succeed.

The **SPIRIT** possesses the capacity, ability and power to stimulate and establish Mental or Cerebral States. This allows **YOU** to control indecisive and “fattening sentiments,” emotions and feelings. It also moderates the development and productivity of The States Of Your Mind. It regulates cerebral conditioning and programming. This creates an increased internal or inner awareness...leading to self-realization, self-understanding—and a slimmer **YOU**.

The **SPIRIT** develops inner energy, infinite mental power and internal strength—thus fulfilling endless wants and satisfying personal desires. It helps to establish and improve Your Nature. It creates, defines and modifies Your Complete **BEING**. It establishes your capacity, ability and power to control **YOURSELF**.

The **SPIRIT** strengthens Mental Dimensions or Spaces consisting of internal matter or internal substance...also cerebral characteristics and inner traits. It upgrades your life and your lifestyle. It impacts upon and uplifts your Total **BEING**. The **SPIRIT** assists in the development and control of intangible, invisible, imponderable States Of The Mind. It modifies and improves Emotional and Feeling States of The Mind. This affects and helps change Your Outer Self or Your Physical State.

The energy generated and produced by The **SPIRIT** allows **YOU** to perceive and grasp incomprehensible cerebral pictures and to visualize mental images. It regulates internal changes—thus advancing new, improved, controlled thoughts, ideas and notions. This leads to sensible internal planning and beneficial meditation—to effective mental activity—to accurate internal action and unlimited cerebral power, force and strength. It formulates new and enlightened ideas. It defines the essence or limits of **YOU**. It establishes positive traits that empower the nature and stature of Your Total **BEING**.

The **SPIRIT** is the “ele-mental,” essential source of internal energy and the primary center of inner or internal power that regulates and controls emotions and feelings. It changes The States Of Your Mind—thereby strengthening Your Inner Self, Your **BEING**, and Your Psyche. This helps to make Your States Of Mind well-defined and precise—allowing you to understand and **DO** for **YOURSELF**. This process is monitored by The **INTELLECT**.

The **SPIRIT** is separate and distinct from your material self. It is different from your visible, clearly outlined and defined outer self and your formed physical state. The **SPIRIT** is the difficult to fathom and to imagine Soul Of Your **BEING**.

## **THE SOUL**

The **SOUL** is an inexplicit, ambiguous quality of The Subconscious Mental State. It is an indefinite characteristic, a hard to describe part of Your Inner Self or Your **BEING**. It controls The States Of Your Mind. Moreover...it helps to change Your Physical State.

The **SOUL** is the unfathomable depth and unlimited extension of Your **BEING**. This unclear concept and perception originates within The Imaging State of The Subconscious Mind. It has no form, substance or physical definition. It can only be visualized by “The Eye of the Intellect.” This is a feature of The Intellectual State of The Mind.

The **SOUL** is the energetic origin and the dynamic development of enlightened and empowered thoughts, ideas and notions. It possesses the capacity to develop and the ability to change individual characteristics, traits and behavioral patterns.

The **SOUL** is a “funda-mental” cornerstone of Your Inner Self and a building block of Your Total **BEING**. It generates An Emotional State Of Mind. It is responsible for the development and validation of your feelings. It is the wellspring of feelings.

The **SOUL** is a timeless concept, thought, notion and idea which is activated by Your Subconscious Mental State. This leads to the production of unlimited cerebral energy, infinite mental power, inner strength, force...and a more slender **YOU**.

The **SOUL** provides individual guidance and profound insight. It elicits a deep and clear understanding of Your Inner Self and Your Total **BEING**.

The **SOUL** generates logical, sensible mental activity and produces slenderizing cerebral action that connects and firmly unites your mind, spirit, and body. This connection and union formulates an energetic reciprocal force which empowers The Psyche and The States Of Your Mind. However—the capacity, ability and inherent strength of The **SOUL** can only be developed, regulated and increased by **YOU**.

### **A MENTAL STATE**

A Mental State is a manner, way or demeanor of Your Total **BEING**. It is a method or *modus operandi* for dealing and coping with your Inner Self. It is an expression of your internal behavior and thought processes. A Mental State affects your faculty for reasoning and self-understanding, your ability to acquire information—also your capacity for using and applying knowledge. A Mental State is a Condition, Situation and distinctive way of expressing **YOURSELF**. This helps to understand, accept, enlighten, empower and uplift or elevate **YOURSELF**.

A Mental State is modified and changed by your internal capacity, ability and inner power...by Mental Conditions and Situations...by Cerebral activity and action.

Mental States are regulated and changed by: Internal Conditions and Inner Situations—alternating Cerebral actions and directions—the order and accuracy of your thoughts, ideas and notions; the intensity of your emotional responses—the depth of your feelings, and the state of Your Inner Self or **BEING**. Nonetheless...it is important to understand and realize that The Subconscious Mind and The Conscious Mind develop and produce these States Of The Mind. Mental States stimulate, regulate and improve thoughts, ideas, behavioral patterns and lifestyle.

Mental States are influenced by events, experiences, attitudes, individual performance, Cerebral programming, self-enlightenment and self-empowerment. Mental States are also affected by Mental Conditions and Situations.

The Many States Of Your Inner Self and Your Total **BEING** are altered and controlled by changing Cerebral Conditions and fluctuating Mental Situations. A Mental State is also affected by the inter-action, emotional responses and the condition of Your States Of Mind.

Physical changes are affected by a gradual internal transformation. This leads to mental/cerebral adjustment and change. Such gradual transformations of Your **BEING** occurs within and between Mental States. **IT'S ALL IN THE STATES OF YOUR MIND!**

## **THE INTELLECT**

The **INTELLECT** is the primary mental perspective, the principal consideration and the most important inner dimension and trait that formulates and changes the characteristics of The Intellectual State Of The Subconscious Mind. It receives and comprehends thoughts, ideas and notions—then uses and applies specific information, knowledge and mental considerations. It has the capacity and ability to formulate, develop and analyze different thoughts, ideas and notions. It can generate enlightened, improved thoughts and accept, beneficial ideas. The **INTELLECT** also helps to use and apply important Weight Control/Weight Loss Information. Moreover...it can change or reject inaccurate and negative thoughts, information, instructions and ideas.

The **INTELLECT** creates improved and beneficial learning methods—also logical, sensible and illuminating thoughts. This leads to increased mental stimulation, to positive cerebral action and supportive activity. This results in cerebral empowerment which enhances and increases your capacity and ability to develop Self-Control. It facilitates the accurate connection and firm union within and between The States Of Your Mind. Change Your Thinking...Enhance Your **INTELLECT**...Change Your Weight!

The **INTELLECT** is different from The Power Of The Subconscious Mind and The Will Of The Conscious Mind. It is different from mental strength and force; also from the capacity and ability to generate and develop An Emotional State Of The Mind and Emotions. It is different from A Feeling State Of The Mind and Feelings.

The **INTELLECT** has meaningful, intrinsic characteristics and special traits that enlightens, improves, elevates and empowers The States of Your Mind. The Intellect has an important, influential presence which increases and modifies the function...also changes the nature of The Intellectual State Of The Subconscious Mind.

**INTELLECUTALLY...IT'S ALL IN THE STATES OF YOUR MIND!**

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